SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 23 SHOPPERS DRUG MART

CALGARY metro

Unlocking the universe

Scientists say they may have found footprint evidence of dark matter PAGE 15

Threat of a nuclear attack

North Korea warns America that it's ready to strike using nuclear weapons PAGE 13

HER OWN KIND OF FEMINIST

BEYONCÉ SHRUGS OFF CRITICISM OVER CALLING HER NEW TOUR THE MRS. CARTER SHOW PAGE 23

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KIPPER STICKS WITH FLAMES

Flames goaltender Miikka Kiprusoff says he wanted to stay in Calgary, quashing any rumoured deal to Toronto before Wednesday's NHL trade deadline. Flames fans also chimed in on recent changes, and Jay Feaster talked about the club's moves. More coverage, pages 8, 34 & 35. THE CANADIAN PRESS

Mount Royal salary rollbacks 'put on the table'

Leaked memo.
Faculty association fears program cuts, increased class sizes

JEREMY NOLAIS
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Faculty members at Mount Royal University have been asked to consider accepting rollbacks to salaries and benefits to help narrow a gap left by cuts to provincial grant funding.

University officials confirmed details in a memo obtained by Metro that outlines the proposal but said a final decision on cuts could still be months away.

"They did just put on the table to faculty there could be the possibility of cutbacks ... it's just a preliminary discussion," said spokesperson Fred Cheney. "The thing is, we're still nowhere near making that call."

The option comes in response to cuts of up to 7.3 per cent in grant funding outlined in the provincial budget released almost a month ago.

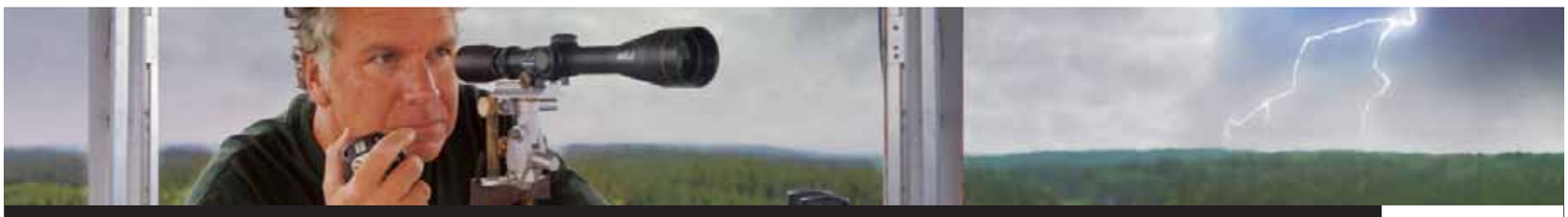
A dean at the university has already indicated the engineering transfer program at Mount Royal is being suspended, and sources have told Metro that cuts are being considered to other non-academic services and programs that have limited prospects of being developed into full degrees.

Duane Bratt, chair of the university's department of policy studies, said more than 100 faculty members gathered Wednesday evening to discuss the prospects of salary rollbacks. He said the idea found little support.

"We'd had a three-year wage freeze," he said, adding a collective bargaining agreement for faculty ratified this semester came with a two per cent increase next year and a one per cent increase the following year.

Bratt added, "I think people are also going to raise the issue that back in the mid-'90s when wage rollbacks occurred, it was across the public sector. It was nurses, it was teachers, it was public-sector workers, it was MLAs ... this seems to be targeted at a particular group."

Gerry Cross, head of the university faculty association, had not returned requests for comment at press time, but stated in a memo to members Tuesday, "A one-time salary adjustment cannot solve an ongoing budget problem."



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Roaaar.
Lion statues likely to go to West LRT

The nearly century-old lions that once stood guard on the Centre Street Bridge are likely to get new life after a city committee unanimously approved a plan for their future.

Members of council gave the green light Wednesday to preserving the three lion statues and incorporating them into the new West LRT line as public art.

"This is absolutely a great idea ... taking existing things and incorporating them into future projects," said Ald. Shane Keating. "We have an asset, lets preserve that asset."

The four lions were replaced with replicas following a renovation of the bridge in 1999. One of the lions has since been restored and placed outside city hall, while three others remain in storage.

City administration proposed using funds allocated for public art along the West LRT to properly preserve the artifacts, though a full restoration isn't likely.

"As opposed to full restoration, we're looking at some other creative options that still respect the integrity as cultural and historic artifacts," said the city's Berton Sullivan.

Some have taken it so far as to advocate for an entire lion theme along the CTrain line. "I just know from the calls to our office that a large number of people are looking forward to roaring off to work on the Lions Line," said Ald. Richard Pootmans.

Council will ultimately make the final decision on the lions. KATIE TURNER/METRO

Aldermen received the results of a green-cart pilot program Wednesday. City staff say implementing a citywide program is a key part of achieving their targets. KATIE TURNER/METRO

Green-cart pilot program a success

Waste. As communities in program reduced their garbage by 40%, taking the carts citywide is seen as 'critical' to achieving 80/20 by 2020 goal

KATIE TURNER
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Officials say implementing a citywide green cart program is critical to achieving Calgary's target of drastically reducing waste in the next 6 years.

Members of city council were presented with the results of a year-long green cart pilot program Wednesday that showed residents in the four pilot communities reduced the amount of garbage in their black cart by 40 per cent compared to non-pilot communities.

"It's really rewarding to see these results," said Ward 7 aldermen Druh Farrell. "Lucky Brentwood, and the other communities that participated, from what I'm hearing, they're thrilled."

Combined diversion between the green cart and the blue cart was 54 per cent in the pilot communities, compared to 23 per cent in non-pilot communities, which just have the blue cart.

That number is far from the city's target of diverting 80 per cent of the waste from city landfills by 2020.

Director of Waste and Recycling Services Dave Griffiths said without implementing a citywide green cart program, the 80/20 by 2020 goal would be impossible.

"We're still very focused on retaining that (80/20 by 2020) as our goal," he said. "These are critical elements and building blocks. It's tremendously important we succeed here."

Council will now discuss the logistics and costs of building a composting facility on April 15 before voting on whether to introduce a city program in May.

Should council approve the program, the earliest green carts would roll out on Calgary's streets would be 2016.

Successful pilot

7,500

7,500 homes in the communities of Abbeydale, Southwood, Cougar Ridge and Brentwood were included in the pilot. 91 per cent of pilot residents said they support a citywide green cart program.

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Semi crash claims father's life

Emergency. Closing of busy highway leads to congestion, delays on nearby routes

JEREMY NOLAIS
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Overturned semis and debris covered a stretch of Calgary's busiest highway Wednesday after a crash left a father of two dead.

Police say around 5:25 a.m. a tractor-trailer was transporting a large crane northbound on Deerfoot Trail with the help of a "push truck" attached to the back.

Sgt. Bob Pughe said the latter vehicle provides a bit of extra force when transporting heavy cargo and is not an uncommon sight on Calgary's north-south thoroughfare.

But, as the vehicles approached the 17th Avenue S.E. bridge, it's believed the crane began to sway and eventually tipped.

The driver

The driver killed Wednesday was an employee of Whissell Contracting Ltd.

- "Our thoughts and prayers are with the driver's family and their tragic loss," read a statement issued by the company. "Currently we are dealing with grief counsellors for his family and our staff."
- It's believed the victim died instantly.

The push truck then crashed into the trailer, killing a 39-year-old Calgary driver instantly.

Pughe said the victim's name was not being released at his family's request.

Police shut down northbound Deerfoot Trail for nearly 12 hours Wednesday, throwing a wrench into both the morning and early-evening commutes.

"We're talking about 150,000 kilograms (of metal) that was going down the road," Pughe said of the investigation's scale, adding it could take days to definitively determine what happened.

The crane was headed for Jasper to assist with construction of a walkway, Pughe said.

The massive debris pile and subsequent police investigation forced all traffic to be rerouted to nearby routes like Barlow and Peigan Trail.

Spokesperson Jennifer Thompson-Goldberg said the City of Calgary activated its emergency roads plan and began altering traffic-light patterns in those areas to ease congestion.

"The traffic engineers try to safely assess what is going to work, use their discretion and get people to where they're going," she said.

"We'd really like to thank Calgarians for their co-operation. Obviously this was an inconvenience, but there was a fatality on this roadway."

Police and fire crews assess a collision scene on northbound Deerfoot Trail at 17th Avenue S.E. where a father of two was killed early Wednesday. JEREMY NOLAIS/METRO

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Calgary Metal Recycling fire. City recovers cost

The city has recouped the costs from Calgary Metal Recycling after the recycling plant fire nearly one year ago.

Calgary Emergency Management Agency (CEMA) has confirmed the company has paid the costs — totalling $314,783 — back to the city but won't comment on how long it took the company to recover the costs.

CEMA also declined to disclose any other information on the incident.

The fire occurred at the scrap yard at 3415 Ogden Road S.E. on April 24, 2012, but it wasn't extinguished until May 10. METRO

Area businesses affected

Several businesses in the area were forced to close down due to smoke and ashes.

Crown appeal pending

Alberta presses feds to stop Aussie mother who drowned boys from leaving

Alberta justice officials says they are pressing the federal government to prevent a woman who drowned her two young sons from travelling back to her native Australia.

Allyson McConnell is scheduled for early release Thursday after serving two-thirds of a 15-month jail term for manslaughter.

The depressed and suicidal woman killed her children in the town of Millet, just south of Edmonton, in 2010.

Josh Stewart, a spokesperson with Alberta Justice, says he doesn't know if the woman is set to leave the country, but officials want to keep her here pending the outcome of an appeal by the Crown.

THE CANADIAN PRESS

Foundation 'dancing' after $100,000 Bon Jovi donation

Jon Bon Jovi made a commitment to donate $100,000 to the Calgary Homeless Foundation Tuesday while playing at the Saddledome. CANDICE WARD/FOR METRO

Goal. Calgary Homeless Foundation spearheads 10-year plan to end homelessness

KATIE TURNER
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Staff at the Calgary Homeless Foundation received confirmation that a $100,000 cheque from a generous rock star will arrive at their office Thursday.

While in Calgary performing at the Scotiabank Saddledome, Jon Bon Jovi made a commitment to donate to the organization.

Wednesday morning, spokesperson Louise Gallagher said they were hoping the philanthropic declaration was true, and by the afternoon, Bon Jovi's team confirmed the money was en route.

"Staff here are just dancing," said Gallagher. "We all know how important it is what we do and that ending homelessness is vital to the well-being of every Calgarian, but what this is does is say, yeah, we just have to keep doing what we do."

The issue of homelessness is one that's close to Bon Jovi as he runs a charity called the Jon Bon Jovi Soul Foundation, which supports initiatives to break the cycle of poverty.

Gallagher said the $100,000 will be put to good use, and could potentially impact hundreds of lives.

"It could take 2,500 people who are sleeping rough and put them into housing."

Halfway to 10-year plan

2018

The Calgary Homeless Foundation has plans to end homelessness in the city by 2018. They're more than halfway through the 10-year plan.

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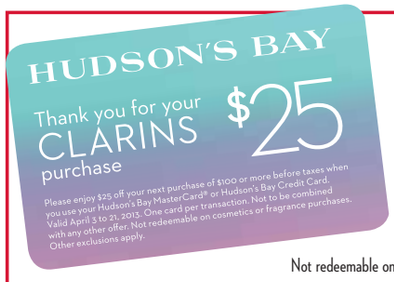
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Although former captain Jarome Iginla's smiling face won't be seen regularly in Calgary, Flames fans in the city are ripe for a change. THE CANADIAN PRESS FILE

Fans OK with changing Flames

Rebuilding. Iggy's departure for Pittsburgh and rumours of Kipper's retirement well-received by Calgarians

DEREK QUAN
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Calgary Flames fans are generally happy the franchise is finally embracing a rebuild after years of coming up short and not making the playoffs.

Despite making moves prior to the trade deadline, the team was fairly quiet just before Wednesday's 1 p.m. cutoff, and didn't move goalie Miikka Kiprusoff, as was widely speculated. Rumours of an impending retirement for the 36-year-old Finnish tender were fine from fans' perspectives.

"Kipper has carried the Flames just like Iggy did," said fan Sabrina Schuyler. "He deserves to retire on his own terms."

Most Flames fans are looking forward to a few new faces in the team's future lineup. Longtime fan Mark Lanza said it would be weird to see a Flames team without their two franchise players, Jarome Iginla and Kiprusoff, but understands that the franchise needs to move on and find success down the road.

"It's honestly been quite frustrating as a fan these past few years, but I'm glad to see the organization is finally moving in the right direction," Lanza said.

Quoted

"I think it's something the team needs to do looking forward. A rebuild needed to happen years ago." Flames fan Will Cowie

Queue-jumping

AHS investigations need to be better, inquiry told

Alberta Health Services needs to shape up on its in-house investigations given evidence that supervisors brushed off warnings of queue-jumping at a Calgary cancer clinic, a health inquiry was told Wednesday.

Lead counsel Michele Hollins suggested Alberta Health Services — the delivery arm of the province's Health Department — may be setting the bar too high for when an investigation can be called.

THE CANADIAN PRESS

U of C. New Dinos logo, Nike partnership unveiled

Athletes at the University of Calgary will soon be donning some new duds with a trademark swoosh.

Officials unveiled Tuesday a new logo for the institution's Dinos sports teams and announced a five-year apparel partnership with Nike.

"We anticipate across the board cost-savings with this," said Ben Matchett, assistant athletic director, adding the Nike brand also brings with it new "recruiting power."

While the university has been consulting on a rebrand of its athletic logos and clothing for a year, Matchett said it certainly didn't hurt that the news comes less than a month after the province announced up to 7.3 per cent cuts to post-secondary provincial grants.

The new University of Calgary Dinos logo
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Prison guard pulled teen's hair, cursed at her, Smith inquest hears

Peter Guenther, former executive-director of the Regional Psychiatric Centre in Saskatoon, leaves the Ashley Smith inquest in Toronto on Wednesday. Guenther said he had never seen someone so persistently self-harming as the teen was. COLIN PERKEL/THE CANADIAN PRESS

Testimony. Psych centre director who worked with teen recounts alleged prison abuse

A deeply disturbed teenager was moved from a prison psychiatric facility weeks after complaining a supervising guard had assaulted her, an inquest into her death heard Wednesday.

In his evidence, Peter Guenther, former executive-director of the Regional Psychiatric Centre in Saskatoon, said the incident involved a correctional supervisor, John Tarala, in March 2007.

Tarala had intervened to stop Ashley Smith from tying ligatures around her neck.

Guenther told the inquest he learned Smith complained she'd been assaulted by Tarala, claiming she was grabbed, lifted off the ground by her hair and called the "C" word. Smith also alleged Tarala had stepped on her head.

"Regardless of how difficult and challenging this offender's behaviours are, the staff knew that there was nothing that justified an assault or the abuse that is alleged."

In addition, the report notes a nurse who witnessed the incident said Tarala had ordered her to falsify her report.

According to the memo, Tarala offered to resign but Guenther said he could not accept it.

"I asked Mr. Tarala if he was offering his resignation because he had done something wrong and he replied that he had been working long hours and probably did some things that he should not have done," Guenther stated in his memo.

Police were called in and laid criminal charges against Tarala. THE CANADIAN PRESS/WITH FILES FROM TORSTAR NEWS SERVICE

Teen could admit when guards were right to be forceful: Guenther

"I kicked the officer. Yes, I assaulted her. They did what they needed to do so I would stop."

Ashley Smith, recounting an incident to Peter Guenther during which she kicked, bit and spat on guards.

Regional Psychiatric Centre

Ashley Smith was sent to the custodial forensic psychiatry facility operated by Correctional Service Canada in December 2006 because prison authorities believed she would get intensive mental-health treatment there.

- RPC is the only federal correctional facility that can take female inmates with mental-health issues.
- The inquest has previously heard that prison staff at Nova Institution couldn't cope with her self-harming behaviour.
- Smith, 19, of Moncton, N.B., choked herself to death in her segregation cell in Kitchener, Ont., in October 2007.

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Normal Triglyceride Levels ☐	Elevated Triglycerides ☐	Allergies ☐
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Palestinian kids attend a class at the UNRWA elementary school in Shati refugee camp in Gaza City, Tuesday.

HATEM MOUSSA/ THE ASSOCIATED PRESS

Hamas imposes gender separation in schools

Rule denounced.
Legal aid group for women warned the bill 'takes our society back to ancient times'

Starting with the new school year in September, Gaza boys and girls in middle and high school will be breaking the law if they study side by side.

Gaza's Islamic militant Hamas rulers argue that the new legislation, mandating gender separation in schools from age nine, enshrines common practice. But women's activists warned it's another step in the Hamas agenda of imposing its fundamentalist world view on Gaza's 1.7 million people.

THE ASSOCIATED PRESS

Ultra-conservative

Hamas has issued a series of rules requiring women to cover up in Islamic dress and headscarves.

- Other edicts include bans on women smoking water pipes, riding on motorcycles or going to male hair stylists.

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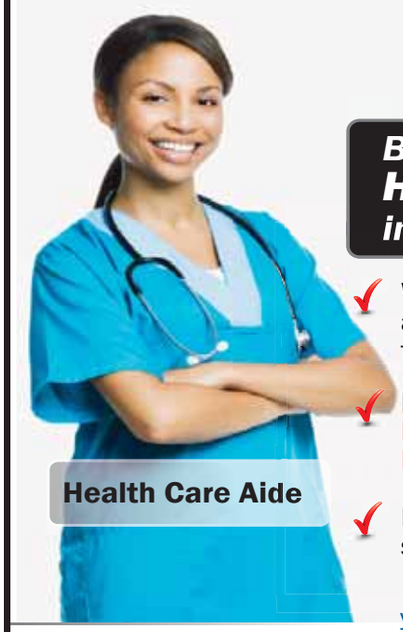

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Gay slurs shock council

Manitoba town says sorry. But owners of targeted restaurant will close it anyway

ELISHA DACEY
Metro in Winnipeg

Pots N Hands Restaurant owner and chef, Dave Claringbould, outside his Morris, Man., restaurant. Claringbould and his partner are closing their business because of homophobic insults. Claringbould said he and his partner are "very hurt and upset" by the homophobia. TREVOR HAGAN/THE CANADIAN PRESS

A Manitoba town council has issued an open letter condemning recent homophobic slurs toward a local restaurant.

It's "very disappointing" that the slurs against the restaurant, Pots N Hands, have "become an issue in our town," said the council in the Town of Morris, about 70 kilometres south of Winnipeg.

The owners of Pots N Hands, Dave Claringbould and his partner, say they plan to shut down April 13 because of the homophobic slurs by a few locals.

"We were asked if somebody was going to catch something off of the plate because we had prepared the food on it," said Claringbould, 35.

There have been other incidents, too, said Claringbould — although the majority of townspeople have been friendly.

The council's open letter expressed regret that the restaurant would close.

"We as a council along with our CAO, met for lunch at Pots N Hands to show support for this restaurant in our town," says the letter.

"In doing so, we made a public statement as a group that the people who represent Morris support our local businesses regardless of race, belief, and/or sexual orientation …"

The letter added: "This lunch occurred a week ago, and was certainly not the first time any of us had eaten there."

One resident, who asked not to be named, said she is disgusted by the prejudice.

"There's a couple of village-idiot rednecks, young fellas," she said. "When they grow up they'll understand how their vicious tongues can hurt people."

WITH FILES FROM THE CANADIAN PRESS

Manchester, U.K.

Punk punching now a hate crime

If you punch a punk in Manchester, England, it could be a hate crime.

Police say they'll begin cracking down on offences against subcultures in the same way they do on attacks based on race, religion, disability or sexual orientation.

"People who wish to express their alternative sub-culture identity freely should not have to tolerate hate crime," Assistant Chief Constable Garry Shewan said.

THE ASSOCIATED PRESS

Manchester, N.H.

Why this city's a taxi desert

Chances are you won't get a cab in Manchester, N.H. — police sidelined all 18 licensed taxis for inspection failures or failing to show up for inspection.

Most were cited for mechanical violations.

THE ASSOCIATED PRESS

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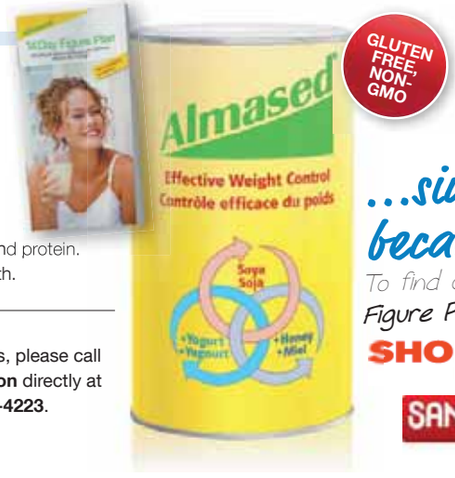

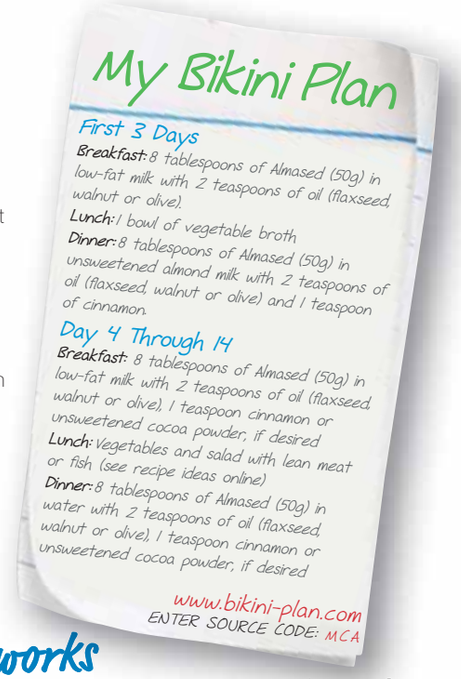
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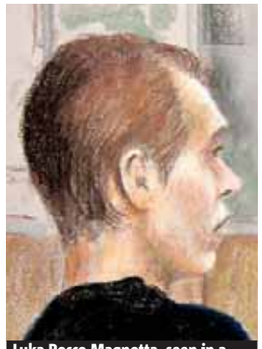
Magnotta treated for schizophrenia, court records show

Flashback to 2005. Psychiatrist's letter in fraud case file reveals the accused killer's treatment and hospitalization



Luka Rocco Magnotta, seen in a court drawing, didn't always take his medication, a psychiatrist says. MIKE MCLAUGHLIN/THE CANADIAN PRESS

Luka Rocco Magnotta, accused of killing and dismembering a Chinese student, was treated for paranoid schizophrenia, newly revealed court documents show.

But his doctor said he didn't always take his medication.

A letter from Magnotta's psychiatrist was attached to the court file of Magnotta's 2005 conviction for fraud in Toronto.

It offers a glimpse into the mind of the man now accused in the gruesome slaying and dismemberment of 33-year-old Jun Lin.

Magnotta, 30, then known by his birth name, Eric Newman, suffered from paranoid schizophrenia since at least 2000 and was hospitalized several times, Dr. Thuraisamy Sooriabalan wrote.

"The treatment consists of taking antipsychotic medications and attending (the) outpatient department for supportive psychotherapy and health education," wrote the doctor based at the Rouge Valley Health System's Centenary site in Toronto.

"Unfortunately Mr. Newman is not very regular in attending the outpatient department and as a result he misses his medications."

The letter was written in May 2005. It was released Wednesday after media outlets fought for it to be made public. THE CANADIAN PRESS

War of words. All systems go for a 'lighter' nuke attack, says North Korea

Military exercises amid the tension: A U.S. Air Force F-22 Raptor stealth fighter takes off from an air base south of Seoul, South Korea, on Wednesday. BAE JUNG-HYUN/YONHAP/THE ASSOCIATED PRESS

North Korea is warning Washington that its military has been cleared to wage an attack using "smaller, lighter and diversified" nuclear weapons.

The threat is the latest in a series of escalating warnings from North Korea.

It has railed for weeks against joint U.S. and South Korean military exercises taking place in South Korea and it has expressed anger over tightened sanctions for a February nuclear test.

North Korea said troops have been authorized to counter U.S. aggression with "powerful practical military counteractions."

Pyongyang said that America's ever-escalating hostile policy toward North Korea "will be smashed" by the North's nuclear strike and the "merciless operation" of its armed forces.

Meanwhile, the Pentagon said it will deploy a high-altitude missile defence system to Guam to strengthen the Asia-Pacific region's protections against a possible North Korean attack. THE ASSOCIATED PRESS

Fish deformities

Oilsands a risk like oil spills?

A top Canadian scientist says there are similarities between fish deformities found downstream from Alberta's oilsands and those observed after the Exxon Valdez oil spill in Alaska and Florida's Deepwater Horizon disaster.

David Schindler of the University of Alberta says some chemical or chemicals may be to blame. THE CANADIAN PRESS

Wishful Googling?

Google's spring came early

Wiarton Willie's forecast of an early spring may have been wrong, but Google says the groundhog may have been reflecting what we were hoping for.

Google searches for "spring" came early — mid-February. "Spring" searches usually don't start peaking until March, Google says. METRO

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A man pushes his bike through a flooded street in La Plata, Argentina, Wednesday. At least 52 people have been killed by flooding in the country's Buenos Aires province. NATACHA PISARENKO/THE ASSOCIATED PRESS

Dozens dead in Argentina floods

Torrential rains.
Some 2,500 people have been evacuated from their homes, while food supplies could be threatened

At least 52 people died as flooding from days of torrential rains swamped Argentina's low-lying capital and province of Buenos Aires.

At least 46 people died Wednesday in and around the city of La Plata, Gov. Daniel Scioli said. Six deaths were reported a day earlier in the nation's capital.

Many people climbed onto their roofs in the pouring rain after storm sewers backed up. Water surged up through drains in their kitchen and bathroom floors, and then poured in over their windowsills.

President Cristina Fernandez arrived by helicopter in Tolosa, a La Plata neighbourhood where she grew up and where her mother was among those evacuated. She announced security measures to combat vandalism, help for identifying the dead, and three days of national mourning for the victims.

She was then was surrounded by neighbours. Some hugged and thanked her. Others complained angrily and shouted at her to "go away."

THE ASSOCIATED PRESS

Quoted

"Such intense rain in so little time has left many people trapped in their cars, in the streets, in some cases electrocuted."

Buenos Aires Gov. Daniel Scioli

Floating for a cause

Man to take Mandela-inspired balloon ride

Visionary Nelson Mandela might not have imagined the surreal scene planned for this month at Robben Island, where he spent 18 of 27 years as a prisoner.

Matt Silver-Vallance plans to strap himself to 200 big balloons filled with helium, float off the island and drift to the shores of Cape Town for a charitable cause.

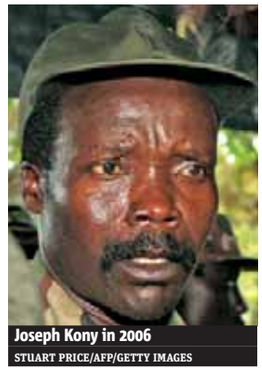
The goal is to raise $1 million to help build a children's hospital named after Mandela.

THE ASSOCIATED PRESS

Accused of atrocities.
U.S. places $5M bounty on Kony, top commanders

The Obama administration on Wednesday offered up to $5 million in rewards for information leading to the capture of the Lord's Resistance Army chief Joseph Kony, two of his top aides and a Rwandan rebel leader suspected of crimes against humanity.

Kony is accused of ordering widespread atrocities during a brutal campaign for power that originated in Uganda in the 1980s and is wanted by the International Criminal Court. He is now believed to be hiding in the Central African Republic. THE ASSOCIATED PRESS



Joseph Kony in 2006
STUART PRICE/AFP/GETTY IMAGES

Scientists find possible hint of dark matter

Space. Discovery could help scientists understand the composition of the universe, galaxies

A $2-billion cosmic ray detector on the International Space Station has found a footprint of something that could be dark matter — the mysterious substance that is believed to hold the cosmos together but has never been directly observed, scientists say.

But the first results from the Alpha Magnetic Spectrometer, known by its acronym AMS, are almost as enigmatic as dark matter itself.

They show evidence of new physics phenomena that could be the strange and unknown dark matter or could be energy that originates from pulsars, scientists at the European particle physics laboratory near Geneva announced Wednesday.

The results from the detector are significant, because dark matter is thought to make up about a quarter of all the matter in the universe. Unravelling the mystery of dark matter could help scientists better understand the composition of our universe and, more particularly, what holds galaxies together.

Nobel-winning physicist Samuel Ting, who leads the team, told colleagues at the European Organization for Nuclear Research that he expects a more conclusive answer within months about this "unexpected new phenomena." THE ASSOCIATED PRESS

An artist's rendering of the Alpha Magnetic Spectrometer installed on the International Space Station. NASA/THE ASSOCIATED PRESS

Contagious germs. Researchers charged in attempted smuggling

Two former federal government scientists are facing charges after one of them was caught allegedly trying to smuggle highly contagious bacteria out of the country.

Klaus Nielsen and Wei Ling Yu, both former researchers with the Canadian Food Inspection Agency, are charged with breach of trust by a public officer in a scheme to commercialize agency property, the RCMP said in a statement.

Nielsen was caught on his way to the Ottawa airport last October carrying 17 vials of what turned out to be live brucella bacteria that can infect livestock and humans.

Police have not revealed the intended buyers of the material, or where Nielsen was allegedly attempting to transport it. Yu is still at large and a Canada-wide warrant has been issued for her arrest.

THE CANADIAN PRESS

China. Early signs show new bird virus likely poses a silent threat

Scientists taking a first look at the genetics of a bird-flu strain that has killed three people in China said Wednesday that the virus could be harder to track than its better-known cousin H5N1 because it might be able to spread among poultry without showing any signs.

The scientists, at several research institutes around the world, urged Chinese veterinary authorities to widely test animals and birds in affected regions to quickly detect and eliminate the H7N9 virus before it becomes widespread.

They said the virus is troubling because it can infect poultry without producing any symptoms, while seriously sickening humans.

The virus, previously known to have infected only birds, appears to have mutated, enabling it to more easily infect other animals, including pigs, which could serve as hosts and spread the virus more widely among humans, they said. THE ASSOCIATED PRESS

Workers unload chicken containers from a truck at a wholesale market on Wednesday in Shanghai. Scientists said the H7N9 virus could be harder to track than its better-known cousin H5N1. EUGENE HOSHIKO/THE ASSOCIATED PRESS

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Late 2013. Apple to launch 60-inch 'iTV' controlled by ring, analyst says

It's no secret that Apple wants to get into the living room by making its own TV set, and there have been plenty of rumours and reports about how and when it's going to happen.

Now, an analyst says he's learned that the set will go on sale late this year for $1,500 to $2,500 US.

In a research note on Wednesday, Brian White of Topeka Capital Markets said the "iTV" will be 60 inches on the diagonal but could also come in 50- and 55-inch versions. Apple will also release a small "iRing" that fits on the viewer's finger, allowing the user to control the screen by pointing, White says.

In addition, the set will come with tablet-like "mini iTVs" with 9.7-inch screens, the same as the full-size iPad, White said. The iTV will be able to send video to the smaller screens wirelessly around the house. The concept is similar to the way in which cable and satellite TV companies are starting to let their set-top boxes send video to iPads and other tablets.

White says his report is based on gleanings from visits with unnamed Chinese and Taiwanese companies that supply Apple with components.

Apple does sell an Apple TV, but it's a small box that connects to a TV to display movies and shows from iTunes.

Apple shares rose $4.91, or 1.1 per cent, to $434.70 in midday trading, as the tech-dominated Nasdaq index fell 0.3 per cent. THE ASSOCIATED PRESS

Steve Jobs

Apple doesn't comment on future products before its launch events, but late company co-founder Steve Jobs told biographer Walter Isaacson that he wanted to remake the TV and had figured out a way to do it.

Hyundai, Kia recalling nearly 1.7M vehicles

Brake-light switch problems. Owners and dealers will be notified and will get free switch replacements

Korean automakers Hyundai and Kia are recalling almost 1.7 million vehicles in the U.S. and Canada to fix problems with brake-light switches.

The recall covers most of the automakers' model lineups from the 2007 through 2011 model years.

Hyundai Canada said about 255,000 vehicles are being recalled in Canada for the problem, while Kia Canada said just over 106,000 of its vehicles are involved in the recall.

According to the website of the U.S. National Highway Traffic Safety Administration, a faulty switch can stop the brake lights from illuminating when drivers press on the pedal.

Also, the cruise control may not turn off when a driver steps on the brake, push-to-start buttons may not work and a feature that stops the driver from shifting out of park without a foot on the brake may fail.

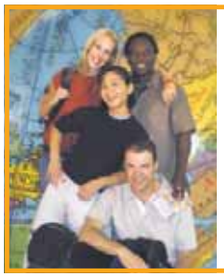
"Failure to illuminate the stop lamps during braking or inability to disengage the cruise control could increase the risk of a crash," NHTSA said in the documents. THE ASSOCIATED PRESS WITH FILES FROM THE CANADIAN PRESS

Korean automakers Hyundai and Kia announced Wednesday they're recalling cars to fix problems with brake-light switches.
NAM Y. HUH/THE ASSOCIATED PRESS

Models affected

Spokespersons say there haven't been any crashes or injuries due to the problem. They pointed out that the malfunctions don't occur all the time and don't affect brake performance.

- **Hyundai.** 2007-09 Accent and Tucson, 2007-10 Elantra, 2011 Sonata, 2007-11 Santa Fe, 2008-09 Veracruz, 2010-11 Genesis Coupe
- **Kia.** 2007-10 Rondo and Sportage, 2011 Optima, 2007-11 Sorento, 2010-11 Soul, 2007 Sedona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More Canadians tuning out of TV, report says

The number of "tuned out" Canadians, those who don't subscribe to conventional TV, has doubled in recent years and now represents eight per cent of the population, a new report suggests.

Since 2007, a steady four per cent of Canadians surveyed by the Media Technology Monitor, which regularly polls Canadians about tech trends, reported they were tuned out.

Tuned-out Canadians either didn't have a TV set, used it only to watch VHS tapes, DVDs or Blu-rays, or streamed digital content rather than paying for cable. They tended to be younger, highly educated and major users of the Internet, MTM says.

In the fall survey, about 49 per cent were between 18 and 34, and 51 per cent had a university education. Tuned-out Canadians spent 20 hours a week surfing the web compared to the 15.4 hours TV subscribers were online.

MTM notes the numbers of tuned-out Canadians started to rise in 2011, after those who were receiving analog over-the-air signals for free were forced to transition to a digital signal or lose access to the limited number of channels they were picking up by antenna.

According to MTM, many decided they were fine without TV, as the number of tuned-out Canadians nearly doubled to seven per cent of the population. THE CANADIAN PRESS

Oil report

Poor pipelines cost producers billions

A new report estimates Canada is losing billions of dollars in unrealized revenues because of its inability to get its oil efficiently to foreign markets. CIBC economists project that the country will continue to lose an average of $15 billion a year from the price differential between world oil prices and what its producers get for shipments mostly to the United States. THE CANADIAN PRESS

Wedding invitations

Paperless Post going with paper

Paperless Post has defied its digital business model before. Now the online invitation and greeting-card startup is taking it a step further. The New York company launched Paper by Paperless Post after customers requested a way to get its e-cards on paper. Now Paperless is teaming up with card maker Crane & Co. to print wedding invitations. THE ASSOCIATED PRESS

Market Minute

DOLLAR 98.57¢ (+0.04¢)

TSX 12,422.12 (-259.98)

OIL $94.45 (-$2.74)

GOLD $1,553.50 US (-$22.40)

Natural gas: $3.967 (-0.2¢)
Dow Jones: 14,550.35 (-111.66)

EARTH TO PMO: WE'RE DOOMED

HE SAYS

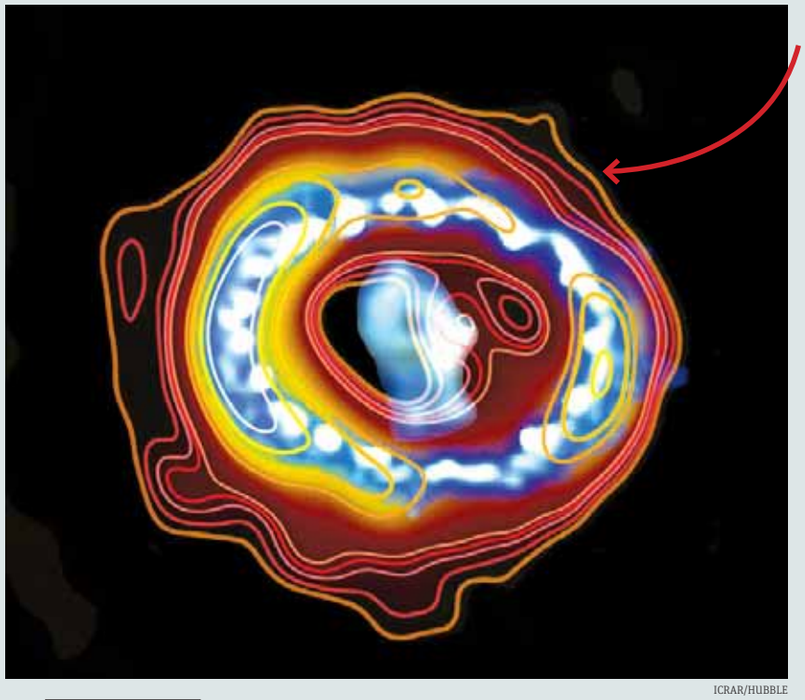
John Mazerolle
metronews.ca

"If a meteor ... a mile wide were to hit land, it could form a crater and blow enough dust into the stratosphere to block out the sun and affect crops worldwide for a year, (a NASA scientist) said." — Meteor Sighting Unusual, But Space Debris is Common, the Washington Post
"The government of Prime Minister Stephen Harper has been accused of silencing scientists on a number of subjects, particularly environmental science." — Watchdog to Study Policies That "Muzzle" Government Science, The Canadian Press

Ring! Ring!
PMO: Prime Minister's Office. How can we help you become self-reliant?
CSA: This is the Canadian Space Agency. A massive meteor is headed for Canada. We have to tell people before it's too late!
PMO: Oh my God. Let me get this straight: You work for the Harper Government, and you're telling me you want to talk directly to the people? The chances are astronomical!
CSA: Uh. Yes.
PMO: As you know, the Harper Government will have to approve any statements.
CSA: The meteor is about a mile wide, could instantly kill hundreds of thousands, then starve billions when the sun is blocked. So we'll need—
PMO: I'm just going to go ahead and stop you right there. We need a different message.
CSA: What?
PMO: I've been around long enough to know that your message will turn off most demographics. Frankly, it's very negative and promotes fear.
CSA: Doesn't that mean it's perfect?
PMO: During an election campaign, sure. But right now it detracts from our promise of a "strong stable majority." Some MPs would cry. Others would run. Does that sound strong and stable? And I don't even want to think about what some of the religious backbenchers will say if they find out the world is ending.
CSA: It's going to hit in six hours! This is no time for politics.
PMO: It's always time for politics. If a big rock hits Canada on our watch and we did nothing to stop it, the Opposition will have a field day, sudden lack of fields notwithstanding. So we'd prefer you kept this one hush-hush. Unless you can blame it on Trudeau.
CSA: People are going to die!
PMO: How many?
CSA: Depending on the computer model, between 500,000 and two million.
PMO: Ah, so there's a debate even among scientists. No consensus.
CSA: It's still lots of people!
PMO: Where?
CSA: Based on its trajectory, mostly in the Greater Toronto Area.
PMO: I'm hanging up.
CSA: No wait! How about this? What if the Harper Government took credit for the meteor?
PMO: Hmmm ... the Conservative government that destroyed Toronto. I'm listening.
CSA: Not only that: We can also "explain" that the ash kicked up from the explosion is why you were never concerned about global warming in the first place.
PMO: Won't the ash destroy a lot of the environment?
CSA: That's because the Conservative's environmental plan, uh, "seeks to reduce inefficiencies in nature." We find places where 10 birds are doing a job that five birds could be doing!
PMO: Now you're getting it!
CSA: Can we tell people now?
PMO: Can we brand it The Harper Government "Rocks"?
CSA: It's the end of the world as we know it and I feel queasy.
PMO: You get used to it.

ZOOM

The death star, like never before



ICRAR/HUBBLE

Death of star in highest detail

Scientists have studied the death of a star in the highest ever detail. Astronomers led by the International Centre for Radio Astronomy Research (ICRAR) in Western Australia have revealed new images of Supernova 1987A, whose demise was first spotted over 25 years ago. METRO

A star is born?

- In 1987, astronomers observing the Large Magellanic Cloud, a nearby dwarf galaxy, noticed the sudden appearance of what looked like a new star but soon realized it was the end of a star — the brightest supernova ever seen from Earth.

Scientists now seek star's centre

Scientists study the evolution of supernovae into supernova remnants to understand the interaction of the star's blast with its surrounding environment.

They suspect a compact source or pulsar wind nebula — remnants of an old star — to be in the centre of the radio emission, implying that the supernova explosion did not make the star collapse into a black hole. METRO

Picture this

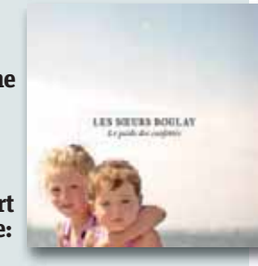
"Imaging distant astronomical objects like this at wavelengths less than one centimetre demands the most stable atmospheric conditions."

Dr. Giovanna Zanardo of ICRAR

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Bandcamp is an online store that allows fans to buy music directly from the artist, with the added bonus of being able to preview entire albums for free. It also happens to be the perfect place to support Canadian artists like these:



Overwerk
Do yourself a favour and delete that Top 40 from your workout playlist. This London producer's After Hours EP conveniently checks in at a tidy 30 minutes of sweat-friendly peaks and valleys. Best of all, you can set your own price. (overwerk.bandcamp.com)

Les Soeurs Boulay
Brush up on your French with a Montreal-based sister folk act. Armed only with guitar, ukelele and velvet-voiced harmonies, the soeurs are well-equipped to break hearts. (lessoeursboulay.bandcamp.com)

Kitsune
Imagine the sound of a Nintendo console becoming self-aware and deciding to pursue a new career as a producer of club bangers. Audiences don't get much more niche, but I know you're out there. (vulpvibe.bandcamp.com)

Comments

RE: UBC Student Accused of Sex Work After Trying to Cross U.S. Border With Condoms, published April 2

How do you spell "discrimination"!?
Shirley Mclaughlin posted via Storify

"How much is he paying you to go on this trip?" Shame on them.
Cynthia Kim posted via Storify

Who cares if she's a sex worker?
Paul Nagy posted via Storify

Like crossing DMZ into North Korea.
Mal Cohen posted via Storify

I hope she sues their pants off!!!
Jonathan Hodder posted via Storify

WTF.... I guess us Canadians don't have sex.
Joann Neish posted via Storify

WE WANT TO HEAR FROM YOU:
Send us your comments: calgaryletters@metronews.ca

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SCENE

Trekking through the mud

Chris Gheran. Local singer-songwriter introduces backing band to boost his energy and performance

BACKSTAGE PASS
Lisa Wilton
calgary@metronews.ca

Chris Gheran will be touring legion halls and army bases across Canada this fall. His songwriting is inspired by war history. LISA WILTON

War — what is it good for? According to Edwin Starr, absolutely nothin'.

Although it has inspired some decent movies, novels and songs, including several by Calgary singer Chris Gheran.

"There are so many different stories to each war," says the 32-year-old folk-rock musician.

"Recently, I just started getting into the Vietnam War. I always overlooked it before."

Gheran admits he has no idea how or why he became so interested in military history but each of his four albums, including his latest, Matterhorn, have been peppered with battlefield tales.

"I try not to let it dominate my songs," he says.

"But when you read a lot about it, there's a certain romanticism to it. It's like every person's story could make an awesome song.

"I was thinking of doing an EP of straight-up war songs and just throwing it out there."

Before he gets to that, however, Gheran will head out on the road this fall to play Legion halls and army bases across Canada.

He'll be touring alone, which he has done for most of his career. But he's less inclined to do so these days now that he's found a solid backing band in bassist Tyler Stephan, multi-instrumentalist Ben Gould and drummer Jameson Ko.

"You can only do so much with singer-songwriter and I got kind of bored with it," says Gheran.

Quoted

"When you're by yourself, it's like trekking through the mud. It can be hard."

Chris Gheran
On the energy he's gained touring with a backing band

"I feel I have a lot more energy with a band. It's like doing a journey together. When you're by yourself, it's like trekking through the mud. It can be hard."

Gheran will have to do without his band on Thursday when he plays the Engineered Air Theatre as part of this year's TransCanada Alberta Music Series.

He'll be joined by local musicians Anita Athavale and Jon Gant for the series' IndieRock showcase.

"It's exciting to be involved this year."

TransCanada Alberta Concert Series

- The TransCanada Alberta Concert Series runs through Saturday at the Engineered Air Theatre in the Epcor Centre. Tickets can be purchased through epcorcentre.org, or call 403-294-9494.
- Other featured artists include The Mountaineer, Wil, Jessica Jalbert, Jocelyn & Lisa, Boreal Sons and Nuela Charles.
- Chris Gheran inspired his parents Jackie Bourgaize and Dale Sorensen to open their home to touring folk and roots acts. The Gallery House has hosted shows by acclaimed artists such as Peter Karp & Sue Foley, Gurf Morlix and Leeroy Stagger. For upcoming gigs, check out galleryhouseconcerts.com.

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Jane Levy gets gruesome in horror heroine role

Evil Dead. Facing relentless blood baths and being buried alive was all in a day's work for actress

NED EHRBAR
Metro World News in Hollywood

Jane Levy wants to make one thing clear: "I'm not a horror fan," she says. Well, for a non-fan she's picked a doozy of a horror film to be in: Evil Dead, Fede Alvarez's remake of Sam Raimi's cult classic debut. In this update, we still have five kids going to a cabin in the woods and inadvertently unleashing a demonic spirit after reading from an evil, enchanted book. Only this time, instead of being on Spring Break the co-eds are out in the woods to help Levy's Mia withdraw from heroin. Thanks to updates in both practical and digital effects, the new film reaches a gruesomeness level that's truly attention-grabbing.

Have you been finding this movie easy to talk about in interviews?
What's good is we're all excited about it actually, and I think we're all really proud of it. So it's nice to talk about stuff that you're proud of. It's so painful when both (the actor and the interviewer) are like, "We know it sucks, so why are we here?"

It's nice to see a horror movie handle the credibility questions of plot so well, like why these kids would go to this creepy remote cabin in the woods in the first place.
Yeah, I don't know if I would ... I was going to say if I was going to withdraw from heroin I don't know if I'd go to the middle of the forest, but some people would! I like that theme because it also becomes a metaphor for the whole story, and also because it makes for good drama. You sort of understand everyone's point of view, and I think that's the best kind of play or movie or television show or piece of literature, when every character's argument is right. Mia's right, there is something in the f—ing woods! But they're right to not trust her. The only person who isn't much right is Eric (Lou Taylor Pucci) for reading from the book. It's all his fault.

There are some differences between this one and the original. Did you watch it for research?
I watched the original, but only after I'd gotten the job. I'd never even heard of the Evil Dead when I went out for this movie. I'd heard of Sam Raimi. I mean, Spider-Man was my generation. The first one came out when I was, like, 12 or something.

What did you think of some of the more horrific elements when you were reading the script?
When I was reading it I thought it would be so much fun! Little did I know that it's torturous. But I remember reading it and being like, "Oh my God, this is the horror of all horrors. It's just relentless, it never stops. And when you think it's gotten to its peak it's just going to keep going." When I was reading it I thought it was almost funny. It just becomes so terrible that you have to laugh. But I wasn't laughing when I was making it, that's for sure.

Jane Levy stars in Evil Dead, which opens Friday. HANDOUT

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Ryan Tedder and his band OneRepublic released their third album last week. THE ASSOCIATED PRESS

Ryan Tedder pushes producer pride aside

OneRepublic. Band's frontman talks about the stress of handing over some of the creative reins on latest album

Ryan Tedder has been the mastermind behind hits for Adele, Beyoncé and Leona Lewis, but on his band's new album, the Grammy winner gets help from other hit-makers.

Tedder's name is all over the credits on Native, OneRepublic's third album, released last Tuesday.

But other players helped shape the band's latest sound, including Benny Blanco, who co-produced hits like Maroon 5's Moves Like Jagger and Katy Perry's Teenage Dream, and Jeff Bhasker, who produced fun.'s Grammy-winning breakthrough album, Some Nights.

"I was very clear with them," said Tedder, who added that taking a back seat to other producers was both "scary and exciting."

"I was like, 'We're not Maroon 5. We're not fun.'"

OneRepublic's lead single, If I Lose Myself, was co-produced by Blanco, and Bhasker adds his drum-filled sound to Can't Stop. The album also features producer Philippe Zdar, best known for his work with French critical darlings Phoenix.

In an interview, Tedder, 33, talked about collaborating with other artists, the state of rock music on Top 40 radio and Native, which OneRepublic recorded in Greece, Paris, London, New York, Seattle, Vancouver, Canada and Colorado.

You've produced for many acts. What was it like having others come into your musical space?

I happened to work with Benny and Bhasker in the middle of, probably the both of them, the greatest run of hits in their lives. ... I don't want the one time I go outside my box and collaborate with somebody to be the song that doesn't work. You're always, like, slightly terrified. ... No offence to them, but I didn't want their palate or their sound to then define us.

So how did you work everything out?

The one Bhasker did and one of the two Benny did, I knew fundamentally I'm not the guy to do this. I'm not the right producer to do this record. I'm not getting it right.

This record sounds like such a huge, huge, important moment and I'm missing it.

THE ASSOCIATED PRESS

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Beyoncé. ALL PHOTOS GETTY IMAGES

Beyoncé brushes off latest round of criticism

Beyoncé has heard what her critics have to say — particularly about her decision to name her new tour the Mrs. Carter Show — and she's just going to ignore them.

"I guess I am a modern-day feminist," she muses to British Vogue. "Why do you have to choose what type of woman you are? Why do you have to label yourself anything? I'm just a woman, and I love being a woman."

As for taking husband Jay-Z's last name for her tour?

"I feel like Mrs. Carter is who I am, but more bold and more fearless than I've ever been," she says.

David Beckham

Beckham wants a normal life for his kids

Despite being possibly the most famous man in the world, David Beckham is desperate for his four kids to have a normal a life as possible — even though that can be pretty tricky sometimes.

"My eldest now is at the age where he wants to do things and go to places, and we have to hold him back," Beckham tells CNN World Sport about 14-year-old Brooklyn.

"You have to explain to him that there are certain things he can't do. But to be honest, we let our children do 99 per cent of the things they want to do because we want them to lead a normal life."

The Word

Glee trying to put on a brave face amidst latest scandal

THE WORD
Dorothy Robinson
scene@metronews.ca

It's been a week of shake-ups for the cast of Glee.

First, it was announced that main cast member Cory Monteith was admitted to rehab on Monday morning for a substance abuse problem and now it looks like Heather Morris, who portrays the ditzy cheerleader Brittany on the hit show, is pregnant.

Us Weekly broke the news that the 26-year-old is expecting a baby with her longtime boyfriend Taylor Hubbell. "She's a little more than three months along and starting to show," the source tells Us Weekly. "It was totally unexpected, but they are incredibly happy and excited."

Keep her off the dance numbers, Glee!

Chris Brown

Chris Brown feels bad for Bieber

Chris Brown feels Justin Bieber's pain.

When asked during an interview with radio station Power 105.1 how he copes with paparazzi attention, Brown says: "It's sort of like what Justin Bieber's going through right now... Being young, having a limitless amount of income, whatever you want to do as a young guy, and then at the same time you don't have nobody that's going to say, 'Hey bro, you look wack right now.'"

Brown is particularly worried Bieber's friends — like rapper Lil Twist — will get an undue amount of blame for any of the pop star's troubles.

Twitter

@ABFalecbaldwin
Am I really 55? Wow. Like.....wow. Doesn't seem real.

@NiallOfficial
Morning. ! This is it ! I'm goin to the dentist! I think this is my last hour with braces! Oh how I'm gona miss them ! Naaaaaaat !

@SethRogen
Of all the TV shows I've never seen, I've never seen "The Borgias" the most.

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Ain't no sunshine, but there is style

Spring collections should be the main storyline, but it's as cold as ever outside. So rather than freezing your legs off trying to wear that flimsy dress, take a few cues from the autumn/winter shows that just wrapped up earlier this month.

KENYA HUNT
kenya.hunt@metro.lu

Soft pinks

On the runway: Unique

Whistles jacquard trousers, $206, whistles.co.uk

Topshop mix stitch pink jumper, $72, topshop.com

Houndstooth

On the runway: Rag & Bone

Houndstooth scarf $40, zara.com

By Malene Birger Sarafina trousers, $395, netaporter.com

Navy and black

On the runway: Jil Sander

Jil Sander Navy skirt, $660 stylebop.com

Acne Ava black top, $250, acnestudios.com

The full skirt

On the runway: Rochas

ASOS midi skirt, $68, asos.com

Marni organdy circle skirt, $1,280, net-a-porter.com

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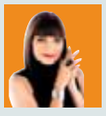

JEANNE SPACE
Jeanne Beker
life@metronews.ca

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Ah yachts! This must be St. Barths! @silversea

Chic ship chapeaux! @ Silversea with the inimitable @NicholasMe

The Kit

Canadian street style

Spotted in: Halifax

Sarah Nussbaumer

Hedge fund administrator

Age: 25

What she's wearing
Top Shop coat, Rebecca Minkoff bag, French Connection headband, gloves from Florence Levi's jeans, Steve Madden boots.

Her inspiration
"I love to wear classic and feminine silhouettes with pieces that have a bit of edge and playfulness."

THE KIT PHOTOBLOGGER: MEGHAN TANSEY WHITTON, FASHIONEASTHALIFAX.COM

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The business of dressing the bump

Fashion. Never mind comfort, Kim Kardashian's maternity wardrobe is an exercise in branding

KENYA HUNT
Metro World News

Let that baby breathe!
JB LACROIX / WIREIMAGE

We can't deny Kim looks beautiful, but would she give us a bigger smile if we threw her a pair of jogging pants? CHRIS MCKAY / WIREIMAGE

Just when you thought her maternity choices couldn't look any more uncomfortable, Kim Kardashian goes shopping in a body-con dress, its leather stretched to the absolute limit, and stilettos — an outfit that would make even the average, un-pregnant woman look like she's trying too hard. But before we get into Mother Kimye's pregnancy wear, let's establish this fact:

1. The Kardashians are unbeatable at the game of being famous for being famous.
2. The Kardashians have been known to mine their personal lives for reality TV and publicity in general.
3. Kim is a Kardashian.

Now that we've gotten that out of the way, let's look at that leather. The tighter the squeeze around Kim's bump and the higher the heels, the more we talk about it. It's a pop culture moment that advances the plot line of Kim's celebrity as clearly as an episode of Keeping Up with the Kardashians.

The average pregnant woman dresses for comfort. But increasingly, the average famous pregnant woman dresses strategically as the bump becomes another opportunity for personal branding (Jessica Simpson), record sales (Beyoncé) and public obsession (Miranda Kerr). Yes, Kim claims that flats hurt her back and that heels are the most comfortable shoe for her to wear. But the tape wrapped around her feet says otherwise. It's not hard to imagine the ways she'll push this idea further as her final trimester approaches. What next? Hot pants and a bustier? Somewhere, her marketing team is probably taking notes.

Boy, you need a break

RICHARD PECKETT
Metro World News

Men, it's time to down the winter woolly pulleys and get your wardrobe in spring holiday mode. First, remember it's spring, not summer. So you're going to need some layers: a sweater, jacket and yes, some chinos. Secondly, you've got to get the luggage right. You're packing for a weekend break not a picnic. So pop the day bag away and, yes, that enormous backpacking rucksack.

Cutler and Gross

Circular lens sunglasses, $548, ln-cc.com.

Christopher Shannon

Kidda T-shirt with flag print, $119, asos.com.

CHUCS

Classic clasp swimshort in Corbusier red, $220, chucs.com.

Orlebar Brown

Mitchell cagoule, $495, orlebarbrown.com.

Ladies, we're here for you!

Spring is here, even if it doesn't quite feel like it yet.

But for those of you brave enough to pack away your clunky boots, head online to Trendscaping and take a look at this season's latest in high-end fashionable footwear and decide which style you will splurge on to step into spring.

metronews.ca/voices/trendscaping

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How to be stylish on the cheap

Decor on a budget. Keep an eye on online deals, get inspired through catalogues and get choosy with individual pieces

Home owners have many incentives to paint, touch up and otherwise redecorate their homes. But there's no need to spend willy-nilly.

From finding treasures on eBay.com to taking advantage of new offerings at department stores and discounters, there are plenty of ways to make your home more stylish on the cheap.

"There's no excuse for an undecorated home on any budget," said Candace Corlett, president of WSL Strategic Retail, a retail consultancy. "Home has as much retail selection as fashion. And you can get a lot of buys."

Walmart Stores Inc., the world's largest retailer, has expanded its assortment of window treatments like blinds this year, and is also bolstering offerings on rugs, decorative pillows, bathroom accessories and patio furniture. Meanwhile, Target — known for its cheap, chic home designs — has launched a full line for the new store brand called Threshold, which offers a variety of goods from dinnerware sets to sheets and towels.

Here are five tips for decorating your home from the experts.

Do your homework

First, create a budget and search around to get inspiration. To get ideas, attend open houses to see how other people are decorating their homes. There are fewer home decor magazines than there used to be. But you can always flip through catalogues from stores such as Ballard Designs to get some tips.

Also, experts encourage you to do broad searches on the Web. EBay just launched a new technology called Feed that allows you to personalize your searches based on your style, like 1960s mod.

"It's all about getting unexpected things," said Chris Benz, an American fashion designer who is collaborating with eBay on various fashion collections. He said he has furnished his apartment and office with eclectic eBay finds like vintage Italian turquoise pottery pieces.

Pick and choose

Study your space and figure out what pieces of furniture you'll be using more.

If you spend a lot of time in your living room, you may want to spend more on a sofa and an entertainment centre that would house your flat-screen TV and books.

It's like investing in good shoes or a handbag, said Pallavi Naidu, vice-president of merchandising and product development at Atlanta-based Ballard Designs. Spending more on items that get lots of use means they will last longer and give you more satisfaction.

Improvise

You don't need the real thing. If you don't have money to spend on a granite backsplash for your kitchen, turn to peel-and-stick wall tiles. Not sure if you want to invest in a carpet? An area rug could cost less and accomplish the same thing.

Repurpose pieces

Shop in flea markets and even your mother's attic to find pieces that could be reinvented as useful home decor items. And think beyond the original purpose: WSL's Corlett said that old sewing machines or leather-trimmed luggage can be used as tables instead.

When in doubt, paint it

Often, just a fresh coat of paint will make all the difference in a room, and it is an easy, affordable and fun way to see an immediate change.

THE ASSOCIATED PRESS

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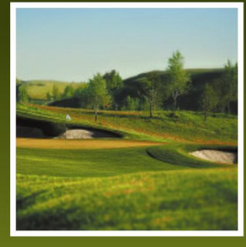

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This room setup from the Ballard Designs catalogue combines a clever space-age touch with a vibrant colour scheme. THE ASSOCIATED PRESS/BALLARD DESIGNS

Let's make a deal

Along with scouring online deals, thrift stores and repurposed items, you can also look to financing deals offered by various retailers.

- If you're strapped and need to stagger payments, financing is preferable to putting all the charges onto your credit card.
- Most furniture stores have interest-free financing deals available. Just remember to keep up with the payments to avoid hefty interest fees.

Red accents, flashy lamps and fun accessories can make a bland living space pop. THE ASSOCIATED PRESS/BALLARD DESIGNS

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New ways to decorate your wall space

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

I often hear people say living in a small space doesn't allow for much decorating, and how accessories take up too much room.

I remind them they don't need to rely on tabletops and floor space to display their wares, but to look vertically at the walls. Walls are probably the largest surface we have and there are many ways to dress them up with more than just flat art and mirrors.

Not since the Ikea floating display shelf have we seen such interesting inventions to add pizzazz to our vertical space. Dressing up the walls can be as simple as colour locking certain areas with some paint or creating a feature wall with a collection of artwork.

If you are looking for an immediate, easy way to dress the walls, here's a few on-trend products that add a special touch.

Urbio system

It's vertical, modular, magnetic and flexible. Hang system panels on the wall, then attach individual containers using magnets. Useful for a wall of green, art supplies or whatever you want to display. From $75, eq3.com.

Learn to write chalkboard

Finally a way to write on the walls without getting in trouble. Leave messages, make lists or practise your ABC's. Stick on, erasable chalk boards uses any chalk. Easy to install by just peeling and sticking and reposition when you want to move them. $20 for four peel and stick panel decals, wallpops.com.

GRUNDTAL wall system

A simple rod and attachments can be useful anywhere; from the home office to the bath to the kitchen. Stylish stainless steel adds a rich modern look to very affordable display storage. $8 to $25 per piece, ikea.com.

Wall mounted teardrop vase

This handblown chemistry lab borosilicate beaker glass in a teardrop shape hangs via a cut and polished opening. One can be hung beside the guest bed and another in the shower. These guys add charm wherever they go. $5, cb2.com.

Architect wall flats

Get the look of a cool hotel lobby lounge wall by adding depth and dimension to your walls with paintable panels. Hide rough walls or outdated panelling, leave them white or paint them to match a colour in your space. $115 for 10 panels, urbanmode.com.

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Trust is key when choosing an interior designer

Home makeover. Be upfront about budget and expectations, but stay flexible when challenges arise

Home-decorating television shows and shelter magazines have many North Americans dreaming about inviting an expert interior designer into their homes.

It looks so effortless when a popular designer arrives in a whirlwind of creative ideas and quick-working craftsmen. By the end of an hour of cable TV, he or she has transformed a hopelessly drab home into a stylish oasis.

But what's it really like to hire a designer? How can you make sure it's a successful — and not too expensive — collaboration?

As with a good marriage, says interior designer Phoebe Howard, the relationship between designer and homeowner is about communication, trust and respect.

Finding candidates

Many homeowners find a designer by asking friends whether they've used one. Designer Cathy Davin, founder and president of Davin Interiors in Pittsburgh, says new clients are often referred to her by previous clients.

Others discover her online, she says. Interior designers generally keep a portfolio of photos of rooms they've designed on their websites. Browse through as many as you can in your area, noting photos that fit with your vision for your home.

Training varies. An interior designer "typically has a bachelor's degree in interior design, and depending on the region, they must be certified," Davin says. They can collaborate easily with engineers, contractors and architects, and should have a full understanding of colour, proportion and other elements of design.

A decorator "might be just someone who has a flair for decorating and wants to hang up a shingle," Davin says, and it's possible their style will fit perfectly with yours. But they probably won't have as much training as a designer.

As you meet with potential designers or decorators, see who makes you feel comfortable, Howard says. You're going to "open up your personal space" to the person you hire, so along with vetting their work, make sure your personalities mesh.

Discussing money

Howard, who is based in Florida, says a good designer should be able to tell you whether you can have what you're envisioning for the money you're able to spend. Be realistic and clear when discussing your budget.

Design fees vary around the country, but Davin says they tend to range between about $4 per square foot (for limited services like choosing a room's colour palette and furniture layout) to $10 or more per square foot for full project management.

Get cost estimates in writing and be sure you know exactly what is included. If you make any changes to a project after hiring a designer, get those adjustments in writing as well. Davin suggests keeping a folder with printouts of all agreements and correspondence about your project.

Extra calls or extra meetings cost money and slow the project down, so have notes ready and be prepared each time you call or meet with your designer.

Agreeing on style

Davin suggests starting with a meeting at your home where all decision-makers are present. Couples should try to work out disagreements before sitting down with the designer, experts can be good sounding boards but they won't want to take sides in a battle. As you make design choices, Howard says, do your homework. Touch the fabrics and study the colours to be sure you like them. Comb through websites and magazines, showing your designer what you have in mind.

Have no fear

"Get yourself to a certain comfort level, because you have to take that leap of faith."
Pittsburgh-based designer Cathy Davin

Sharing control

"A lot of people's fear is that they're going to end up with this crazy living room that doesn't feel like them at all," Davin says.

But if you've taken time to choose someone who shares your taste and understands what you want, then "allow them to stretch you and push you" at least a little, she says.

THE ASSOCIATED PRESS

Interior designer Phoebe Howard put together this New York City bedroom.
THE ASSOCIATED PRESS/PHOEBE HOWARD

Wrapping up a burst of flavours

"If you make extras to take for lunch the next day," writes Meghan Telpner of these Veggie Rice Wraps in her book UnDiet, "store in an airtight container with a slightly damp cloth or paper towel to help keep the rice wraps moist."

1. Soak one piece of rice paper in warm water until soft. Carefully remove, allow excess water to drain, and lay out on flat surface.

2. Arrange veggies in a row along centre of rice paper. Add greens last (and eggs, if using). On first few attempts, fewer veggies will be easier to roll.

3. Leave about 1-inch (4 cm) at both ends and carefully roll the wrap up, leaving long edges open. You'll take care of those with the second piece of rice paper.

4. Soak and drain a second piece of rice paper, and lay out on flat surface.

5. Place roll along centre of second piece of rice paper, folding end edges in first and then roll in remaining sides.

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Ingredients

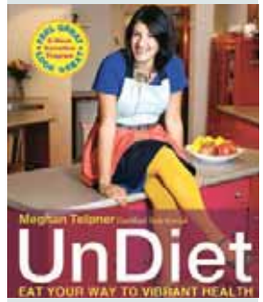
- 8 sheets rice paper
- 1 avocado, peeled and sliced lengthwise
- 1 carrot, grated
- 1/2 red bell pepper, sliced lengthwise
- 1/2 red apple, peeled and sliced into matchsticks
- 4 inches (10 cm) cucumber, sliced into long strips
- 1 (250 ml) cup baby spinach
- 1/4 cup (50 ml) cabbage, shredded
- 4 sprigs cilantro
- 2 organic eggs, whisked in a bowl, cooked as an omelet, then sliced into thin strips (optional)

Veggie Rice Wraps

This recipe serves 4 as a side or 2 as a meal. CATHERINE FARQUHARSON

Cookbook of the Week

Tasty way to health



Forget those diets that never work and get healthy with the help of Meghan Telpner's book UnDiet.

Not only does it feature practical nutrition information, a complete eight-week transition program, lifestyle advice from experts and a comprehensive meal plan, but also 40 easy and delectable gluten-free recipes.

Among the recipes in UnDiet are Bean and Vegetable Burgers, Lemon Lentil Vegetable Soup, Orange-Zest Infused Stew, Almond Power Cookies, Sun-Dried Tomato and Bean Hummus, and more. METRO

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One-Pot Stir-fry includes your fave veggies

This recipe serves 4 as a meal and 6 as a side dish. CATHERINE FARQUHARSON

"With any stir-fry or mixed-grain salad, try to cut all your veggies about the same size so they cook evenly," writes Meghan Telpner in her book UnDiet. "Watch out for when ingredients are added in with one-pot meals; some are added later, depending on cooking time."

1. In a large skillet on medium, heat oil and a little water, and add turmeric, garlic, and ginger. Let cook for 1 minute or until fragrant.

2. Add all vegetables except leafy greens and stir. Add sesame oil, raw honey, and tamari, and sauté for 8 minutes, until the veggies are vibrant.

3. Push veggies to the edge of the frying pan and pour eggs into the middle opening. Allow to cook undisturbed for about 2 minutes. Mix together. If using tofu, add to pan, stir into the mix and let cook 3 - 4 minutes.

4. Add greens and let them wilt in the heat.

5. Add sea salt and cayenne to taste.

6. Serve vegetable mixture on top of grains or mixed greens.

Ingredients

- 2 tbsp (30 ml) olive oil
- 2 tbsp (30 ml) water, as needed, to avoid sticking
- 1 tbsp (15 ml) turmeric
- 3 garlic cloves, minced
- 2 inches (5 cm) ginger root, peeled and minced
- 1/2 cup (125 ml) each red pepper, sliced; carrot, grated or thinly peeled; coarsely chopped broccoli florets, broccoli stems, cauliflower, purple cabbage, and zucchini
- 2 tbsp (30 ml) sesame oil
- 2 tbsp (30 ml) raw honey
- 3 tbsp (45 ml) tamari (or to taste)
- 4 organic eggs or 1/2 block of firm organic tofu, cubed
- 3 cups (750 ml) collards or greens of choice
- sea salt and cayenne to taste
- 2 cups (500 ml) leftover grains (optional)

Healthy Dessert. Super Berry Fruit Crumble

This recipe serves eight. CATHERINE FARQUHARSON

1. Preheat oven to 350 F (180 C).

2. Mix fruit, raw honey and arrowroot, and spread into an 11- x 9-inch (2.5 L) glass baking dish. Flatten mixture with a spatula, making sure it is evenly spread.

3. In a medium mixing bowl, combine all topping ingredients, then crumble evenly over fruit mixture. If fruit doesn't look completely covered, add additional flour, almonds, or oats until surface is covered.

4. Bake for 45 minutes, or until lightly browned and bubbling.

Ingredients

Fruit Bottom
- 2 cups (500 ml) blueberries
- 2 cups (500 ml) strawberries, quartered
- 2 cups (500 ml) apple, cut into 1/2-inch (1.5-cm) cubes
- 1/2 cup (125 ml) raw honey
- 1 tbsp (15 ml) arrowroot starch

Crumble Topping
- 2/3 cup (150 ml) brown rice flour
- 2/3 cup (150 ml) rolled oats
- 1/2 cup (125 ml) cup sliced almonds
- 1/2 cup (125 ml) raw honey
- 1/4 cup (50 ml) coconut oil
- 3/4 tsp (4 ml) cinnamon
- 1/2 tsp (2 ml) allspice

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Pricing in effect Thursday, April 4 to Sunday, April 7, 2013. Actual items may vary slightly from illustrations. Some illustrations are serving suggestions only. We reserve the right to limit quantities. GST is extra where applicable.

Maintaining good oral health includes keeping your teeth free from cavities and preventing periodontal disease, which has been linked to several other diseases. FIONLINE/THINKSTOCK

Healthy teeth equals healthy living

TERESA CHIYKOWSKI
For Metro

Did you know that oral health is not only important to your appearance and sense of well-being, but also to your overall health?

It's true.

Problems such as missing teeth or oral infections can affect your physical and mental health. That's all the more reason to practise good oral hygiene and look after those healthy pink gums and dazzling pearly whites.

Smile

- Visit hc-sc.gc.ca to download a copy of Smile: Healthy Teeth, Healthy Body. The publication will help you better understand the link between oral health and overall health, help you establish an effective oral health plan, and ensure you have information about the risks and symptoms of oral cancer.

Maintaining good oral health includes keeping your teeth free from cavities and preventing periodontal disease, which has been linked to several other diseases including:

Diabetes: People with diabetes are more susceptible to gum disease, which can put them at greater risk of diabetic complications.

Respiratory illness: The same bacteria found in plaque can also be inhaled into the lungs where they may cause an infection or aggravate any existing lung condition, especially in older adults.

Preterm, low birth-weight babies: Studies are also examining whether pregnant women with gum disease may be at a higher risk of delivering preterm, low birth-weight babies than women without gum disease.

Cardiovascular disease: There is new research that points to a possible connection between gum disease and heart disease and stroke.

Brush up with these tips

1. Brush your teeth at least twice a day.
2. Floss daily to remove plaque between your teeth.
3. Replace your toothbrush every three to four months.
4. Use an antimicrobial mouth rinse to reduce bacteria in your mouth.
5. Schedule regular dental checkups.
6. Eat a healthy diet according to Eating Well with Canada's Food Guide.
7. Watch for signs of oral disease and contact your dentist if you detect anything out of the ordinary.

To learn more about dental care, visit the Canadian Dental Association website at cda-adc.ca.

If you pay a little extra attention to daily oral hygiene habits when children are young, they can grow up cavity-free. NEWS CANADA

Children. Daily habits to grow up with

Even today, with advancements in oral care, it is estimated that 57 per cent of kids aged six to 11 have cavities. This number increases to 59 per cent for teenagers.

Specialists tell us, however, that if we pay just a little extra attention to daily oral hygiene habits, all children can grow up cavity-free. The care you teach them now will last a lifetime, so take a look at these helpful tips:

Twelve to 24 months
Begin regular dental visits by age one. Teach a toddler about dental hygiene when the first teeth come through. Children should get used to holding a toothbrush and should watch others as they brush. Let them practise brushing, but continue brushing their teeth for them. Begin flossing when most of the baby teeth are in.

Two to five years
Teach young children to use no more than a pea-size amount of toothpaste and make sure they do not eat it. Continue to brush and floss their teeth for them. Avoid sugary sweet treats.

Six and older
Encourage children to begin flossing. Your dental hygienist will demonstrate proper technique. Continue to supervise brushing and flossing. The surface of your child's permanent molars may be sealed with a light coating to prevent cavities in the deep fissure and grooves of the teeth.

NEWS CANADA

YOUR SIMPLE ROUTINE TO A BETTER DENTAL CHECK-UP.†

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† vs. brushing alone.

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SPORTS 4

Calgary keeps Kipper despite trade rumours

Trade deadline. GM's hopes for one more move dashed as goalie decides to stay put

Miikka Kiprusoff clears the puck during a game against the Los Angeles Kings on March 9. Despite several trade rumours, Kipper will remain a Calgary Flame for the time being. HARRY HOW/GETTY IMAGES

The Calgary Flames completed one minor deal at the NHL trade deadline, but the bigger news was the trade they didn't make.

Goaltender Miikka Kiprusoff remained in Calgary after the deadline passed despite rumours he might be sent to the Toronto Maple Leafs in the latest step of the Flames' rebuilding process.

"I met with Kipper this morning and Kipper indicated that he really would like to remain with the Calgary Flames," GM Jay Feaster said.

Kiprusoff and his wife welcomed a baby boy into the world last month, and Feaster said that weighed in on the decision.

"From his perspective, given the family situation and the new baby, he just doesn't feel that he's ready to move on, that he didn't want to go to another organization (and) that he would like to finish things here," he said. "I think the world of him. I love the competitor that he is. This has been a hard time. The reality of it is that there are a lot of difficult circumstances here."

Feaster finalized one minor deal on Wednesday by trading Blake Comeau to the Columbus Blue Jackets in exchange for a fifth-round pick in the 2013 NHL draft. The 27-year-old winger recorded four goals and added three assists in 33 games with the Flames this season.

After trading former captain Jarome Iginla to the Pittsburgh Penguins one week earlier and defenceman Jay Bouwmeester to the St. Louis Blues on Monday, Feaster worked the phones in an effort to make more deals before the deadline passed.

"Certainly I thought that there were some things that we put out there, some players that we put out there that I thought might be attractive depending upon how things went down today for other teams as far as some depth opportunities for teams," he said.

Feaster confirmed that he was in discussions with two teams who were interested in acquiring Kiprusoff, whose cap hit will remain at $5.8 million next season despite the fact that he will only earn $1.5 million.

"The team that continued to be interested was Toronto so I entered into discussions with Dave Nonis and ultimately gave Toronto permission to speak with Miikka and his agent, Larry Kelly," he said.

Those talks broke off once Kiprusoff made up his mind to stay in Calgary.

THE CANADIAN PRESS

Trade talks

"It takes two teams to get a deal done and sometimes you just don't have a trading partner."

Flames General Manager Jay Feaster on his late discussions with teams interested in acquiring goalie Miikka Kiprusoff.

On Wednesday

Flames stomped by Oilers at home

Taylor Hall had a goal and four assists Wednesday night as the Edmonton Oilers made it five straight wins with a 8-2 rout of the reeling Calgary Flames.

It wasn't that long ago when the Flames dominated the provincial rivalry having won 16-of-17 games.

But Edmonton has been the better team lately, winning four of the last five including both ends of the recent home-and-home series to move them past the St. Louis Blues for the eighth and final playoff spot in the Western Conference.

The Oilers are looking to make their first post-season appearance since going all the way to the Stanley Cup final in 2006.

Matt Stajan had both goals for Calgary (13-18-4). The Flames have lost seven of their last nine to remain second from the bottom in the West and 28th overall. Winless in its last 11 road games, Calgary begins a three-game road trip Friday in San Jose. THE CANADIAN PRESS

Matt Stajan celebrates one of his two first-period goals against the Oilers with Curtis Glencross and Lee Stempniak. LARRY MACDOUGAL/THE CANADIAN PRESS

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Flames GM Jay Feaster at the 2012 NHL draft in Pittsburgh. BRUCE BENNETT/GETTY IMAGES

Too late and Flames end up with little

THE HOCKEY NEWS
Brian Costello
calgary@metronews.ca

So this is the start of the rebuild that we're not supposed to call a rebuild.

While hard-core Flames fans have been calling for and expecting this for two years, the results were underwhelming. Jarome Iginla gone for a late first-round pick and two fringe prospects. Jay Bouwmeester gone for another first-rounder and two more middling prospects.

Had this been done 12 or 24 months ago, well, let's not dwell on that. The organization wasn't interested in maximizing return on the fading face of the franchise or goalie Miikka Kiprusoff even though the best-before date on his contract was crystal clear.

A few things struck me in the past week or so watching the Flames operate. I commend the organization for caring about the wishes of their fading stars and for perpetuating a respectful approach when dealing with the game's commodities — the players.

When Iginla provided a list of four teams he'd accept a trade to, the Flames could have had him sign off on them right then and there. That way, Calgary wouldn't have to bounce the better Boston deal off him and just execute it to NHL head office. But when Iggy had second thoughts and narrowed it down to Pittsburgh, it made sense Pens GM Ray Shero wasn't going to offer up anything more than C-list prospects and a first. Iggy obviously appreciated the Flames easing his departure from Calgary.

Letting Kiprusoff stick around town — even though his no-movement clause expired a season ago — was a show of support to a goalie who has meant so much to the franchise.

And clearly, this organization is a stickler for money. Hamstrung by the fact few teams could afford a minute-munching top-pair, high-priced blue-liner in Bouwmeester, the Flames didn't want to eat $2 million or $3 million of his final season to attract more interest. If more teams were interested, the Flames could have yielded an A-list prospect in addition to a first-round pick. That's just like last year, when the Flames refused to buy out dud Ales Kotalik and instead dished him to Buffalo with a second-round pick.

The affluent Flames operate very much like a mom-and-pop organization, counting every dollar, saving every penny and caring so deeply about its small staff like it's family. That's not necessarily a bad thing, but it certainly isn't the big-business mentality of the dog-eat-dog NHL world.

Blue Jackets Finnish with a bang at deadline

Marian Gaborik GETTY IMAGES

Columbus Blue Jackets rookie general manager Jarmo Kekalainen made an unexpected splash on Wednesday at the NHL trade deadline.

The Finnish-born Kekalainen — the NHL's first European general manager — acquired sniper Marian Gaborik from the New York Rangers before the 3 p.m. deadline. It was a bold move for a GM whose club is 11th in the Western Conference but just one point behind eighth-place St. Louis.

"Throughout this process our focus was to add a player who could provide a boost to our offence, improve our goal scoring and power play, and we identified Marian Gaborik as the player we wanted," Kekalainen said. "He has been an elite goal scorer in this league for many years and we are very excited to have him."

Columbus also received defencemen Blake Parlett and Steve Delisle from the Rangers for forwards Derick Brassard and Derek Dorsett, defenceman John Moore and a 2014 sixth-round pick.

Gaborik, 31, has nine goals and 10 assists in 19 games but registered 41 goals and 35 assists in 2011-12 and has reached the 40-goal plateau three times. But the Slovak also had a tumultuous tenure in New York, benched often by Rangers coach John Tortorella for defensive miscues.

The veteran left-winger has 333 goals and 333 assists in 757 career games with Minnesota and New York. The three-time all-star is also an expensive addition, in the fourth year of a five-year, $37.5-million US contract. THE CANADIAN PRESS

Elsewhere on Wednesday

- The Buffalo Sabres traded Jason Pominville to Minnesota. The Wild sent prospects Johan Larsson and Matt Hackett as well as a first-rounder in 2013 and a second-rounder pick in 2014 to the Sabres for Pominville and a 2014 fourth-rounder.
- The Toronto Maple Leafs acquired defenceman Ryan O'Byrne from the Colorado Avalanche for a fourth-rounder.
- The Pittsburgh Penguins added Jussi Jokinen from the Carolina Hurricanes for a conditional sixth- or seventh-rounder in 2013.

Toronto shortstop Jose Reyes looks back at umpire Kerwin Danley after a strikeout on Wednesday at Rogers Centre.
ABELIMAGES/GETTY IMAGES

First win still out of reach for Blue Jays

MLB. Izturis and Bautista homer in game No. 2, but Jays offence yet to roar to life

On Wednesday

3	2
Indians	Blue Jays

Mark Reynolds homered off Sergio Santos in the 11th inning to lift the Cleveland Indians to a 3-2 win over the offensively challenged Toronto Blue Jays on Wednesday night.

The Cleveland designated hitter was 0-for-4 with two strikeouts prior to the solo shot off Santos (0-1), the Jays' sixth pitcher of the night, to lead off the 11th.

Melky Cabrera, Jose Bautista and Edwin Encarnacion — the heart of the Jays lineup — were unable to respond in the bottom of the 11th with right-hander Joe Smith on the mound. Toronto registered just five hits.

Bautista homered with one out in the ninth to force extra innings. Before his solo shot over the left-field fence off closer Chris Perez, Bautista had hit into two double plays and flied out.

Perez had struck out Cabrera to open the ninth in a game that saw fine fielding from both teams.

Michael Brantley went 4-for-5, driving in one run and scoring the go-ahead on a Maicer Izturis error in the eighth inning, to help the Indians take a 2-1 lead.

After Darren Oliver walked Nick Swisher to open the eighth, Brantley singled. Izturis, who had earlier homered for Toronto, made a good stab on a Carlos Santana shot to force Swisher at third. But Izturis' long throw to first for the double play was errant and Brantley scored.

After an opening day sellout of 48,857, Game No. 2 drew 24,619 to the Rogers Centre.

The Indians (2-0) took the opener 4-1, with Toronto (0-2) managing just four hits. The offence was just as light to start Wednesday in what was a pitching duel between Toronto's Brandon Morrow and Ubaldo Jimenez through six innings.

Morrow probably deserved a better fate after going six innings and giving up one run on six hits. He walked two and struck out eight in a 100-pitch, 62-strike performance that saw Cleveland hitters go 1-for-8 with runners in scoring position.

The right-hander also showed off some nifty fielding on a couple of occasions.

Jimenez also went six innings, giving up a run on three hits while striking out six and walking two.

THE CANADIAN PRESS

NBA

Valanciunas sets scoring high in Raptors victory

Jonas Valanciunas scored a career-high 24 points to go with 10 rebounds as the Toronto Raptors defeated the Washington Wizards 88-78 on Wednesday.

Valanciunas went 16-of-18 from the free throw line and DeMar DeRozan had 25 points for Toronto (28-47), which snapped a two-game slide after being eliminated from the playoff chase with Monday's 108-98 home loss to Detroit.

John Wall had 20 points to lead the short-handed Wizards (28-47), who announced before the game that rookie standout Bradley Beal will miss the remainder of the season with a right leg injury.

THE CANADIAN PRESS

Raptors rookie Jonas Valanciunas
TORSTAR NEWS SERVICE

Women's hockey. Poulin's 4 leads Canada to 2-0 start at world championship

Marie-Philip Poulin's four goals in a 13-0 romp over Switzerland on Wednesday equalled a Canadian women's hockey team record for the most goals in a single world championship game.

Angela James scored four times in a game twice during her Hockey Hall of Fame career. Current national team assistant coach Danielle Goyette and Laura Schuler also scored four goals in a game during their career.

Poulin, from Beauceville, Que., was the first to accomplish the feat since 1994.

"For sure, it's exciting, but it's team play and those goals would not happen without my teammates," Poulin said.

The 22-year-old also scored both goals in Canada's 2-0 win over the United States to win Olympic gold in 2010.

Canada was minus captain Hayley Wickenheiser and assistant captain Caroline Ouellette for Wednesday's game. Both players were scratched from the lineup before the game with upper-body injuries and are said to be "day-to-day."

"They just weren't ready to go," head coach Dan Church said. "Whether it's one or two more days, they need to be 100 per cent to go.

"Hayley was a lot better today, but still probably wouldn't be able to go tonight, and Carol just needed another day to do some rehab. Hopefully they'll both be back in the lineup for Friday, but we won't know that until probably Friday morning."

The defending champions opened the tournament with a 3-2 shootout win over the U.S. on Tuesday.

THE CANADIAN PRESS

Canada's Jayna Hefford celebrates a goal against Switzerland Wednesday in Ottawa. THE CANADIAN PRESS

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
z-Miami	58	16	.784	—
x-New York	48	26	.649	10
x-Indiana	48	27	.640	10½
x-Brooklyn	43	31	.581	15
x-Atlanta	42	34	.553	17
x-Chicago	40	33	.548	17½
x-Boston	39	36	.520	19½
Milwaukee	36	38	.486	22
Philadelphia	30	44	.405	28
Toronto	**28**	**47**	**.373**	**30½**
Washington	28	47	.373	30½
Detroit	25	51	.329	34
Cleveland	22	52	.297	36
Orlando	19	57	.250	40
Charlotte	18	57	.240	40½

WESTERN CONFERENCE

	W	L	Pct	GB
x-San Antonio	56	19	.747	—
x-Oklahoma City	54	20	.730	1½
x-Denver	51	24	.680	5
x-L.A. Clippers	49	26	.653	7
x-Memphis	51	24	.680	5
Golden State	42	32	.568	13½
Houston	41	33	.554	14½
L.A. Lakers	39	36	.520	17
Utah	39	37	.513	17½
Dallas	36	38	.486	19½
Portland	33	42	.440	23
Minnesota	28	46	.378	27½
Sacramento	27	47	.365	28½
New Orleans	26	48	.351	29½
Phoenix	23	51	.311	32½

x — clinched playoff berth; z — clinched conference.

WEDNESDAY'S RESULTS
Toronto 88 Washington 78
Brooklyn 113 Cleveland 95
Charlotte 88 Philadelphia 83
New York 95 Atlanta 82
Boston 98 Detroit 93
Minnesota 107 Milwaukee 98
San Antonio 98 Orlando 84
Denver 113 Utah 96
Memphis at Portland
Houston at Sacramento
New Orleans at Golden State
Phoenix at L.A. Clippers

THURSDAY'S GAMES — All Times Eastern
Chicago at Brooklyn, 7 p.m.
Dallas at Denver, 9 p.m.
San Antonio at Oklahoma City, 9:30 p.m.

NHL

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pt
d-Pittsburgh	38	28	10	0	0	125	94	56
d-Montreal	36	23	8	3	2	114	89	51
d-Winnipeg	38	18	18	0	2	93	115	38
Boston	35	23	8	2	2	100	77	50
Toronto	36	20	12	0	4	112	100	44
Ottawa	36	19	11	2	4	91	79	44
NY Rangers	36	18	15	0	3	88	87	39
New Jersey	36	15	12	3	6	89	100	39
NY Islanders	37	18	16	3	0	108	115	39
Washington	36	17	17	2	0	107	104	36
Philadelphia	36	16	17	1	2	100	111	35
Carolina	35	16	17	1	1	96	106	34
Buffalo	37	14	17	2	4	98	114	34
Tampa Bay	35	15	18	0	2	112	106	32
Florida	37	12	19	5	1	91	127	30

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pt
d-Chicago	35	27	5	0	3	119	76	57
d-Anaheim	36	24	7	2	3	111	90	53
d-Minnesota	35	21	12	1	1	98	90	44
Vancouver	36	19	11	1	5	94	93	44
Los Angeles	36	20	13	1	2	104	91	43
San Jose	35	18	11	3	3	88	86	42
Detroit	36	18	13	3	2	94	94	41
St. Louis	34	18	14	1	1	98	94	38
Nashville	37	15	14	2	6	92	100	38
Edmonton	35	15	13	4	3	91	96	37
Columbus	36	15	14	3	4	87	97	37
Phoenix	36	15	15	2	4	97	102	36
Dallas	35	16	16	2	1	94	107	35
Calgary	34	13	17	1	3	94	118	30
Colorado	36	12	20	3	1	87	114	28

d — division leader. **Note** — division leaders ranked in top three positions per conference regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL or SOL columns.

WEDNESDAY'S RESULTS
Philadelphia 5 Montreal 3
NY Rangers 6 Pittsburgh 1
Edmonton at Calgary
Dallas at Anaheim
Minnesota at San Jose

THURSDAY'S GAMES — All Times Eastern
New Jersey at Boston, 7 p.m.
Philadelphia at Toronto, 7 p.m.
NY Islanders at Washington, 7 p.m.
Tampa Bay at Carolina, 7 p.m.
Winnipeg at Montreal, 7:30 p.m.
Columbus at Nashville, 8 p.m.
St. Louis at Chicago, 8:30 p.m.
Detroit at Phoenix, 10 p.m.
Minnesota at Los Angeles, 10:30 p.m.
Edmonton at Vancouver, 10:30 p.m.

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	2	0	1.000	—
Baltimore	1	1	.500	1
Tampa Bay	1	1	.500	1
New York	0	2	.000	2
Toronto	**0**	**2**	**.000**	**2**

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	2	0	1.000	—
Cleveland	2	0	1.000	—
Detroit	1	1	.500	1
Minnesota	1	1	.500	1
Kansas City	0	2	.000	2

WEST DIVISION

	W	L	Pct	GB
Seattle	2	0	1.000	—
Texas	2	1	.667	½
Los Angeles	1	1	.500	1
Houston	1	2	.333	1½
Oakland	0	2	.000	2

WEDNESDAY'S RESULTS
Chicago White Sox 5 Kansas City 2
Texas 4 Houston 0
Minnesota 3 Detroit 2
Boston 7 N.Y. Yankees 4
Cleveland 3 **Toronto 2** (11)
Tampa Bay 8 Baltimore 7
Seattle at Oakland

THURSDAY'S GAMES — All times Eastern
Detroit (Porcello 0-0) at Minnesota (Pelfrey 0-0), 1:10 p.m.
Kansas City (Guthrie 0-0) at Chicago White Sox (Floyd 0-0), 2:10 p.m.
Baltimore (Gonzalez 0-0) at Tampa Bay (Hernandez 0-0), 3:10 p.m.
Seattle (Maurer 0-0) at Oakland (Griffin 0-0), 3:35 p.m.
Boston (Dempster 0-0) at N.Y. Yankees (Pettitte 0-0), 7:05 p.m.
Cleveland (Myers 0-0) at **Toronto (Buehrle 0-0)**, 7:07 p.m.

NATIONAL LEAGUE

THURSDAY'S GAMES — All times Eastern
L.A. Angels (Blanton 0-0) at Cincinnati (Arroyo 0-0), 12:35 p.m.
Chicago Cubs (Wood 0-0) at Pittsburgh (McDonald 0-0), 12:35 p.m.
San Diego (Stults 0-0) at N.Y. Mets (Gee 0-0), 1:10 p.m.
Miami (Leblanc 0-0) at Washington (Zimmermann 0-0), 4:05 p.m.
Philadelphia (Lee 0-0) at Atlanta (Medlen 0-0), 7:10 p.m.

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See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
You may be down because you have not accomplished as much as you had planned but there is really no point moaning about it. Just set new targets and get on with your life.

♉ Taurus
April 21 - May 21
You will need to compromise today, especially where money is concerned. It does not matter what your feelings are, it matters only that you reach an agreement with those who hold the purse strings.

♊ Gemini
May 22 - June 21
Be careful what you say over the next 24 hours as the planets warn someone could take your words the wrong way. You know how touchy some people can be and how easy it is to lose friends.

♋ Cancer
June 22 - July 23
Before you do anything else today, remind yourself that you are the boss. If you want to change your plans because your mood has changed that is entirely up to you. Friends and family should know you by now.

♌ Leo
July 24 - Aug. 23
The choices you make over the next few days will have a huge impact on the direction your life takes over the next few months. Don't be afraid to commit yourself to a creative project. You can make it work.

♍ Virgo
Aug. 24 - Sept. 23
Your time is precious, so don't waste it on trivial things and trivial people. You know what you should be doing — you can feel it in your bones — so get on with it. It's all about setting the right priorities.

♎ Libra
Sept. 24 - Oct. 23
You need to have words with someone who has let you down. You need to let them know you are not amused. Don't accept excuses but don't make them feel too bad either. You're still friends after all.

♏ Scorpio
Oct. 24 - Nov. 22
You feel a bit tired after all the comings and goings of the past few days and should treat yourself to a break. Remember the law of diminishing returns: past a certain point, it's futile to work harder.

♐ Sagittarius
Nov. 23 - Dec. 21
If you merely assume that things will turn out right, they may. But they could just as easily go wrong. Ask yourself what you can actually do to ensure the desired result — then do it.

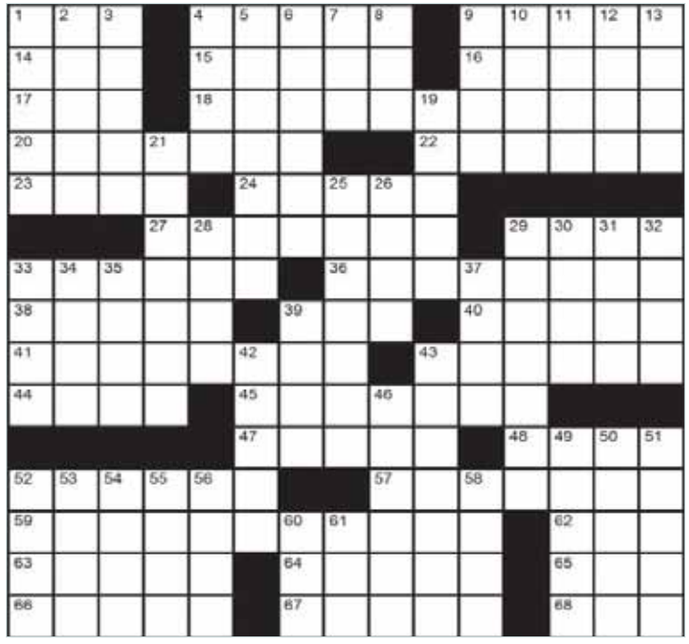
♑ Capricorn
Dec. 22 - Jan. 20
The only thing that can hold you back now is a lack of self-confidence. Others may think you are supremely assured but there is in fact a major doubt nagging away inside you. Deal with it quickly.

♒ Aquarius
Jan. 21 - Feb. 19
Everything you say and do has an effect on other people, even people you don't know personally, so think before you speak and act. On a cosmic level, you are responsible for others as well as yourself.

♓ Pisces
Feb. 20 - March 20
If you want to succeed, you need to be aware not only of areas where you are good but also areas where you are not so good. What are your weaknesses? **SALLY BROMPTON**

Crossword: Canada Across and Down

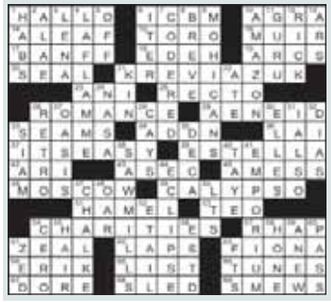
BY KELLY ANN BUCHANAN



Across
1. Tuktoyaktuk locale, for short
4. __ Current, Saskatchewan
9. Superman's father on the planet Krypton, __-__
14. 1988 Poison album: 'Open Up and Say... __!'
15. Chocolate source
16. TV teaser
17. Spirit's sound
18. Michael J. Fox TV role, __ _. __
20. Country singer Ms. Lambert
22. Church: French
23. "Say it __ so!"
24. Pointed arch in architecture
27. Bug
29. Superlative suffix
33. Change the house's topping again
36. Outfit
38. On-the-road reversal
39. Surgery sites, for short
40. Cook's garb
41. Shakespearean tragedy, Troilus and __
43. Soldiers
44. Larry __ (Tony's original portrayer on Broadway in West Side Story)
45. Negations
47. Bar, legally
48. Dutch cheese
52. Layers combed for fossils
57. Fashion designer, Donatella __
59. Tourist-to-Canada's book: 2 wds.
62. Spelling contest
63. Mysterious
64. Per __ (Yearly)
65. Pen name?
66. Honey drinks
67. Uses the horn
68. Olympian, e.g.

Down
1. One of The Judds
2. "__ __ it?" (Asked at the door)
3. Rose's one-of-some
4. All-in-one printer function
5. "The Muppet Show" hecklers, Statler & __
6. Pleistocene event: 2 wds.
7. All-in-one printer function
8. Shirt
9. PC image file format
10. Spoken
11. Roast: French
12. Namesakes of funnyman Mr. Philips
13. Sole
19. Doesn't discard
21. If everything else fails: 2 wds.
25. Repetitive
26. Some delivery vehicles
28. Particles
29. Puts upon
30. River of Spain
31. Food-like food
32. Some money bills
33. Tip to 'sack' (Backpack)
34. Raison d'__
35. Penitent person
37. "My Name Is __"
39. Poetic pieces
42. Model of perfection
43. Like wrists and ankles for some athletes: 2 wds.
46. Backstage mentor on "American Idol", Jimmy __
49. Part of Fred Flintstone's exclamation!
50. Do well, for instance, on an exam: 2 wds.
51. __ Lake Accord
52. Originate from
53. __-planting ceremony
54. ___ avis (Rare bird, Latin style)
55. Keen
56. Kicker's pegs
58. Sleep stages, commonly
60. Make small talk
61. French article

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

2	4					6		3
	3	6	4				5	8
7			3	5			9	
			9		8	1	7	
		4		7		8		
	7	8	2		1			
	5			2	9			1
3	1				4	2	6	
8		2					4	7

Yesterday's Sudoku

7	2	9	1	6	5	8	4	3
4	5	3	8	9	7	2	1	6
6	1	8	2	3	4	9	7	5
3	6	1	4	5	9	7	8	2
9	7	2	3	8	1	6	5	4
5	8	4	7	2	6	1	3	9
8	9	7	6	4	3	5	2	1
2	3	6	5	1	8	4	9	7
1	4	5	9	7	2	3	6	8

Weather

TODAY	FRIDAY	SATURDAY
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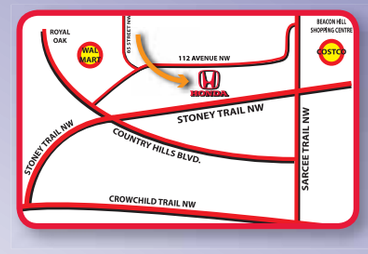

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